



Model No: ZIP 935



Instruction Manual

Slow Cooker Safety

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be observed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock do not immerse cord, plug, or base in water or other liquid.
4. Close supervision is necessary when used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner.
7. The use of accessory attachments not recommended and may cause fire, electric shock or injury.
8. do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces, including stove.
10. Do not place on or near hot gas or an electric burner, or in a heated oven.
11. Extreme caution must be used when using an appliance containing hot oil other hot liquids.
12. To disconnect slow cooker, turn control knob to Off, remove plug from outlet.
13. Caution: To prevent damage or shock hazard do not cook in base. Cook only in removable liner.
14. Avoid sudden temperature changes, such as adding refrigerated foods into a heated crock.

SAVE THESE INSTRUCTIONS!

Consumer Safety Information

This product is intended for household use only.

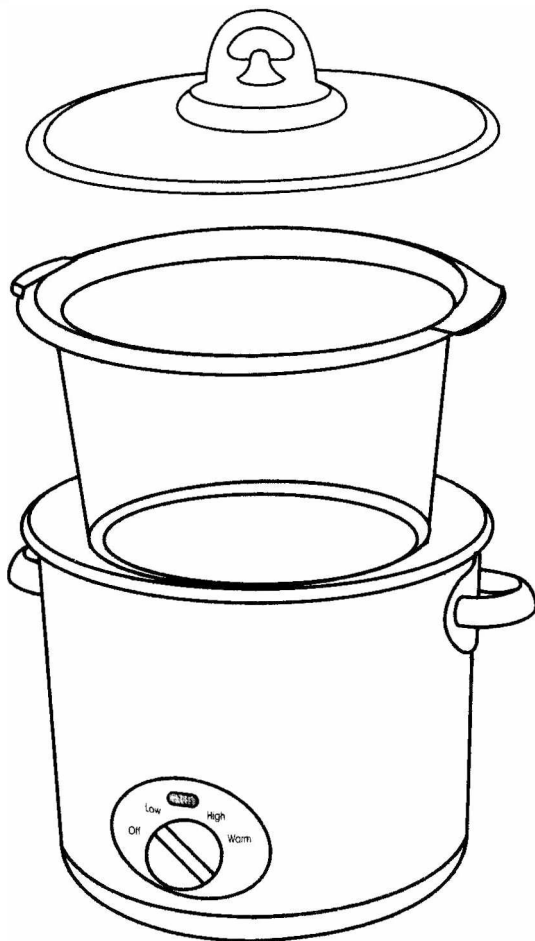
To avoid an electrical circuit overload do not use a high wattage appliance on the same circuit with the slow cooker.

This appliance has a short cord to reduce the hazards of becoming entangled or tripping over a longer cord. An extension cord may be used if electrical rating of extension cord is equal to or greater than the rating of the slow cooker. Care must be taken to arrange extension cord so that it will not drape over a countertop or tabletop where it can be tripped over or pulled on by children.

Know Your Slow Cooker

Parts and Features

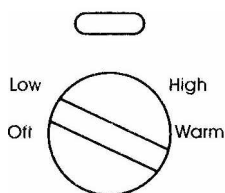
1. Cover
2. Crock
3. Base
4. Control Knob



How to Use Your Slow Cooker

1. Before first use, wash Cover and Crock in hot, soapy water, Rinse and dry.
Do not immerse Base in water.
2. prepare recipe according to instructions. Place food in Crock and cover.
3. Plug cord into outlet. Select temperature setting.
4. When finished, turn to Off and unplug Base. Remove food from Crock.
5. Let Crock and Cover cool slightly before washing.

Control Knob and Temperature Settings



The Control Knob on the slow cooker offers a Low and High temperature setting for cooking. The Keep Warm setting is for holding the prepared recipe at a perfect serving temperature. The Keep Warm setting should only be used after a recipe has been thoroughly cooked. Food should not be reheated on the Keep Warm setting. If food has been cooked and then refrigerated it must be reheated on Low or High, then switched to Keep Warm.

If You've NEVER Used a Slow Cooker

Cooking in a slow cooker is easy but different from conventional methods. Take a few minutes and read "How to Use" and "Tips for Slow Cooking." You'll soon be convinced that a slow cooker is a necessity. There are also many slow cooker recipe books available in the library or book store.

If You've Used a Slow Cooker Before

You are probably ready to develop new recipes for use in your slow cooker. If the recipe was originally cooked in a saucepan on the stovetop, or slow roasted in the oven, adapting the recipe should be easy.

Our slow cooker heats from the sides, The base slowly raises the temperature of the crock. Whether cooked on Low, High, the final temperature of the food is the same. The only difference is the amount of time the cooking process takes. Read the sections "Adapting Recipes" for more information.

Tips for Slow Cooking

Simply place ingredients in the crock, turn the slow cooker on, and go. Hours later, relax and enjoy a home cooked meal.

The cover of the slow cooker does not form a tight fit on the Crock but should be centered on the crock for best results. Do not remove the Cover unnecessarily-this results in major heat loss.

The crock is microwave safe and oven proof, but never heat the crock when empty. Never place the crock on a burner or stove top. Do not place lid in microwave, oven or on the stove top.

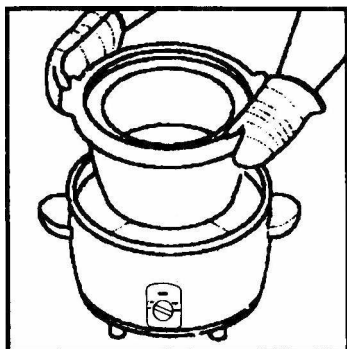
Stirring is not necessary when slow cooking. However, if cooking on High, you may want to stir occasionally.

Slow cooking retains most of the moisture in foods. If a recipe results in too much liquid at the end of the cooking time, remove the cover, turn the control knob to High, and reduce the liquid by simmering.

The slow cooker should be at least half-filled for best results.

If cooking soups or stews, leave a 2 inch space between the top of the crock and the food so that the recipe can come to a simmer. If cooking a soup or stew on high, keep checking the progress as some soups will reach a boil when cooked on High.

Many recipes call for cooking all day. If your morning schedule doesn't allow time to prepare a recipe, do it the night before. Place all ingredients in the crock, cover and refrigerate overnight. In the morning, simply place crock in the slow cooker and select the temperature setting.



When removing the Cover,tilt so that the opening faces away from you to avoid being burned by steam.

The sides of the Base of the slow cooker get very warm because the heating elements are located here. Use the handles on the Base if necessary. Use hot mitts to remove the Crock.

Adapting Recipes

Some ingredients are not suited for extended cooking in the slow cooker. Pasta, seafood, milk, cream, or sour cream should be added 2 hours before serving. Evaporated milk or condensed soups are perfect for the slow cooker.

Many things can affect how quickly a recipe will cook. The water and fat content of a food, the temperature of the food, and the size of the food will all affect the cooking time. Food cut into pieces will cook faster than whole roasts or poultry.

Most meat and vegetable combinations require at least 4 hours on High.

The higher the fat content of the meat, the less liquid is needed. If cooking meat with a high fat content, place thick onion slices underneath, so the meat will not sit and cook in the fat.

Some recipes call for browning the meat before slow cooking. This is only to remove excess fat or for color; it is not necessary for successful cooking.

Slow cookers have very little evaporation. If making your favorite soup, stew, or sauce, reduce the liquid or water called for in the original recipe. If too thick, liquids can be added later.

If cooking a vegetable-type casserole, there will need to be liquid in the recipe to prevent scorching on the sides of the Crock.

Cleaning Your Slow Cooker

1. Turn the Control Knob to Off. Unplug cord from outlet.
2. Remove Crock and Cover from Base and let cool.
3. Wash the Crock and the Cover in hot, soapy water. Rinse and dry. The Crock and the Cover may also be washed in the dishwasher. If you have a plastic Cover, please place on top rack of dishwasher.
4. Wipe the Base with a damp cloth. Do not use abrasive cleansers.

Caution: To reduce the risk of electrical shock, do not immerse Base in water.

Crock and Glass Cover Precautions and Information

Please handle the Crock and Cover carefully to ensure long life.

Avoid sudden, extreme temperature changes. For example, do not place a hot Cover or Crock into cold water, or onto a wet surface.

Avoid hitting the Crock and Cover against the faucet or other hard surfaces.

Do not use Crock or Cover if chipped, cracked, or severely scratched.

Do not use abrasive cleansers or metal scouring pads.

This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure that they can use the appliance safely.

Young children should be supervised to ensure that they do not play with the appliance.

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

The appliance must not be immersed in water.

3.5L slow cooker Recipes

The cooking time is approximate and slight adjustments may be necessary.

Slow Cooker Yoghurt

Method

First sterilize the cooker using commercial sterilizing solution.

Pour 600ml milk into the cooker and gently whisk in 30ml of plain yoghurt (use a wire whisk).

Cover cooker with a tea towel and then with the lid. Set on Low for 0.8 hour. Switch cooker off and allow to stand for 1.5 hours without stirring until it is soft set.

Transfer to a clean container and refrigerate until required.

Slow Cooked Potatoes

Method

Use medium size potatoes, as many as 10-12.

Wash, prick with fork and brush with melted butter.

Lay in cooker and cover. Do not add water

Cook on LOW 7.5-9.5 hours.

Hot Fruit Desert

Ingredients

1 large pineapple, peeled and cubed

4 apples, peeled, cored and cut into rings

2 oranges, peeled and sliced

125ml water

125ml honey

25ml grated lemon lid

25ml lemon juice

2 sticks cinnamon

2 bananas, sliced lengthwise and cut into quarters

50ml slivered almonds

125ml whipped creams and garnish with almonds

Method

Put all ingredients, except bananas, almonds and cream into the cooker.

Cover and cook on LOW 1.5-2.5 hours. Add banana and heat through. Serve with whipped cream and garnish with almonds.

The Great Kiwi Pot Roast

Ingredients

1.5-1.8 kg boneless pot roast beef
1 stalk of celery, cut into 5cm pieces
2 small onions, sliced
2 teaspoons salt
1 small can (225g) mushrooms
1/4 cup flour
Drained or 1/4 cup mushrooms in sauce
3 tablespoons flour
3 carrots, pared, sliced lengthwise and cut into 5cm pieces
1/8 teaspoon pepper
1/4 cup water
3 potatoes, peeled and quartered

Method

Trim all excess fat from the roast. Brown and drain if using chuck or another highly marbled cut meat. Combine 1/4 cup flour, the salt and pepper. Coat meat with flour mixture. Place all vegetables except mushrooms in Slow Cooker and top with roast (cut roast in half if necessary to fit easily). Spread mushrooms evenly over the top of the roast. Cover and cook on LOW setting for 9.5-11.5 hours.

Chicken Delicious

Ingredients

4 to 6 whole chicken breasts, boned and halved
1 can of condensed cream of celery soup
1 can of condensed cream of mushroom soup
1/3 cup dry sherry or white wine
Grated parmesan cheese
Lemon juice
Salt and pepper
Paprika
Celery salt
Fluffy rice

Method

Rinse chicken breasts and pat dry. Season with lemon juice, salt, pepper, celery salt and paprika. Place in Slow Cooker. In medium bowl or pan, mix mushroom and celery soups with sherry. Pour over chicken breasts. Sprinkle with parmesan cheese. Cover and cook on LOW setting for 7.5-9.5 hours. Serve chicken and sauce over hot fluffy rice.

SCOTCH BROTH

Ingredients

Scrag-end lamb cut into pieces	350g (12oz)
Water	1 litre (2pts)
Pearl Barley	50g (2oz)
Onion sliced	2
Carrots cut into small dice	175g (6oz)
Turnip cut into small dice	175g (6oz)
Leeks thinly sliced	2
Salt and pepper	to taste
Chopped parsley	

Method

Put the lamb into a pan, cover with cold water and bring to the boil. Remove any scum. Add the rest of the ingredients except parsley. Bring to the boil again and transfer to the Slow Cooker. Cook for the recommended time, if necessary.

Sprinkle with parsley just before serving

High 7-9 hours.

FRENCH ONION SOUP

Ingredients

Butter or margarine	25g (1oz)
Bay Leaf	
Onions, sliced	450g (1lb)
Chicken Stock	550ml (1 pt)
Salt and pepper	to taste
Slices French Bread	4
Grated Cheese	100g (4oz)

Method

Melt the butter /margarine in a large pan and fry onions still golden brown. Add stock, bay leaf and seasoning to taste. Bring to the boil and transfer to Slow Cooker. Cook for recommended time. Remove the bay leaf. To serve: sprinkle slices of French bread with grated cheese and float on top of the soup. Remove the cooking pot and brown under a hot grill until the cheese bubbles.

Alternatively, toast cheese on bread and then float on top of the soup.

High 2.5-3.5 hours

OLD FASHIONED VEGETABLE SOUP

Ingredients

Butter	25g (1oz)
Mixed vegetables, chopped	
E.g. potato, onion, carrot, parsnip, celery, tomato	1Kg (2lb)
Flour	25g
Stock	900ml (1½ pts)
Salt and pepper	to taste
Mixed herbs	5ml (1 tsp)

Method

Melt the butter in a large pan and fry the vegetables gently for 2-3 minutes. Stir in flour and add stock. Bring to the boil, season to taste and add mixed herbs. Transfer to Slow Cooker. Cook for the recommended time.

High 3.5-6 hours.

VEGETABLES

In a Slow Cooker, vegetables can be prepared in advance to accompany food needing last minute cooking: grilled or dried food for example. With rising meat costs, some vegetable recipes, such as stuffed tomatoes, have become main dishes. There is little evaporation of moisture and all the juices, and therefore all the delicate vegetable recipes, such as stuffed tomatoes, have become main dishes. There is little evaporation of moisture and all the juices, and therefore all the delicate vegetable flavours, are retained. A surprising characteristic of slow cooking is that root vegetables, such as potatoes, carrots, turnips, Swedes etc. require longer cooking time than meat. These vegetable should generally be cut small (4cm), slices, sticks or dice and immersed in the cooking liquid. Cooking times will depend on personal

preference as well as the type and age of the vegetables. Experience will soon help you determine average times. Quick cooked vegetables, such as frozen peas and sweet-corn, should be added to the dish half an hour before the end of cooking, having been completely thawed out first. It is not advisable to cook baked potatoes in their jackets in the Slow Coker.

STUFFED TOMATOES

Ingredients

Tomatoes firm	4 large
French Bread crumbs	50g (2oz)
Boiled ham, finely chopped	50g 2oz)
Cheese, grated	50g (2oz)
Salt and pepper	to taste
Chopped parsley	5ml (1 teaspoon)

Method

With a sharp knife cut a shallow lid from the top of each tomato and using a spoon, carefully scoop out the tomato pulp. Mix together the bread crumbs, ham, cheese, seasoning and parsley, using a little of the tomato pulp to bind the mixture together. Spoon into the tomatoes. Stand the tomatoes in the cooking pot; add any extra filling and 15ml (1 tablespoon) of water. Cook for High 1½ ----2 hours.

VEGETARIAN CURRY

Ingredients

Cooking oil	60ml (4 tbsp)
Onions, chopped	2
Garlic, crushed	1 clove
Chilly powder	2.5ml (1½ tbsp)
Turmeric	2.5ml (1½ tbsp)
Coriander	2.5ml (1½ tbsp)
Cumin	2.5ml (1½ tbsp)
Lentils	225g (8oz)
White stock	900ml (1½ tbsp)
Lemon Juice	5ml (1 tsp)
Salt and Pepper	to taste
Carrots, diced	2

Apple, peeled, cored and chopped	1
Sultanas	50g (2 oz)

Method

Heat the oil in a pan. Saute the onion and the garlic lightly.

Add the chilly powder, turmeric, coriander, cumin and lentils. Cook gently for one minute.

Stir in the stock, lemon juice, salt and pepper. Bring to the boil and continue to boil for 5 minutes.

Transfer to the Slow Cooker and stir in the carrots, apple and cook in High 3-4 hours.

ROSEMARY RED JACKET POTATOES

Ingredients

Medium red potatoes cut into quarters	10 to 12 pcs
Fresh lemon juice	1/4 cup
Butter or margarine, melted	1/8 cup
Extra virgin olive oil	1 Tbs.
Garlic, minced	3 cloves
Salt	3/4 tsp
Paprika	1/2 tsp
Fresh Italian parsley, chopped	1/4 cup

Method

Combine all of the ingredients except the parsley in the slow cooker.

Make sure that the potatoes are evenly coated with the herbs and seasonings.

Cover and cook on Low 6 to 8 hours (or on High 3 to 4 hours). Before serving, toss potatoes with the fresh parsley for added flavor and color. Makes 8 side servings.

IRISH STEW

Ingredients

Carrots, thinly sliced	3
Onions, thinly sliced	2
Potatoes, thinly sliced	450g (1 lb)
Neck of lamb chops	8
Chicken stock	550ml (1 pt)
Salt and pepper	to taste
Bay leaves	2

Method

Put all the vegetable into the slow cooker. Trim the chops of any excess fat and lay these on top of the vegetable. Add the seasoning, bay leaf and boil High 6-8 hours.

BRAISED LIVER AND ONIONS

Ingredients

Cooking oil	60ml (4 tbsp)
Lambs lives, thinly sliced	450g (1lb)
Plain flour	50g (2oz)
Onions, thinly sliced	2 large
Beef stock	400ml (3/4pt)

Method

Heat the oil in a fry pan. Coat the liver in the flour and fry to seal. Transfer to the Slow Cooker. Add the onions to the pan and fry until golden. Stir in the remaining flour and stock. Continue to stir and bring to the boil. Pour over the liver and cook for the recommended time. Serve with grilled bacon.
High 2-4 hours.

BEEF BOURGUIGNON

Ingredients

Cooking oil	15ml (1tbsp)
Stewing steak, cubed	1kg (2lb)
Streaky bacon, chopped	100g (4oz)
Flour	30ml (2tbsp)
Red wine	300ml (1/2pt)
Brandy	30ml (2tbsp)
Stock	150ml (1/4pt)
Thyme	good pinch
Bay leaf	1
Garlic, crushed	1 clove
Shallots or tiny onions, whole	10-12
Salt and pepper	to taste

Method

Heat oil in a large pan and fry beef and bacon until lightly browned. Add the flour and gently stir in wine and brandy. Add the remaining ingredients and

season well. Bring to the boil and transfer to slow cooker. Cook for the recommended time. Remove bay leaf before serving.

High 4-6 hours

BOILED HAM

Ingredients

Gammon joint

1.8kg (4lb)

Method

Put the gammon in a pan and cover with cold water. Bring to the boil, drain and rinse. Stand in slow cooker and cover with boiling water. Cook for the recommended time. Drain and allow to cool slightly before removing skin. Wrap tightly in kitchen foil.

Put into refrigerator until well chilled. Coat fat with toasted bread crumbs before serving.

High 4-5 hours

COCONUT BREAD PUDDING

Ingredients

Unsweetened coconut milk

1 cup

Milk

1/2 cup

Lite evaporated milk

1 cup

4 cups dry French bread with crust, cut into

1-inch cubes

Large eggs

2pcs

Sugar

1/2 cup

Salt

1/2 tsp.

Firmly packed sweetened coconut flakes

1/2 cup

Golden raisins

1/2 cup

Vanilla Extract

1/2 tsp.

Method

In a lightly greased slow cooker, combine coconut milk, milk, evaporated milk and French bread pieces. Stir thoroughly to mix. In small mixing bowl, beat the eggs, sugar, salt and vanilla extract. Add the egg mixture to the bread and milk mixture in the stoneware.

Stir in the coconut flakes and raisins. Cover and cook on High for 3 Hours.

Serve warm or chilled. Garnish with additional coconut flakes, if desired.

Makes 6 to 8 servings.

CINNAMON GINGER POACHED PEARS

Ingredients

Water	3 cups
Granulated sugar	1 cup
Fresh ginger	10 slices
Whole cinnamon sticks	2 pcs
Bosch or Anjou pears, peeled and cored	6 pcs
Candied ginger, minced, for garnish	1 Tbs.

Method

In the slow cooker, combine the water, sugar, fresh ginger and cinnamon sticks. Place the pears in this mixture. Cover and cook on Low 4 to 6 hours (or on High for 1 1/2 hours).

Remove the pears from the sauce and let cool. Turn the slow cooker to High and heat uncovered, for about 30 minutes to allow liquid to reduce to thick syrup. Drizzle syrup over the pears. Garnish with the candied ginger.

CHOCOLATE COFFEE BREAD PUDDING

Ingredients

Butter	1 cup
Sugar	1/4 cup
Ground cinnamon	1 tsp.
Eggs	4 pcs
Chocolate milk	1½ cup
Strong coffee	1/4 cup
Currants	1/2 cup
Raisins, optional	1/2 cup
Milk chocolate chips	1/2 cup
Chopped pecans, toasted	1 cup
Stale white bread, cut into bite-sized pieces	4 cups

Method

In a bowl, beat butter, sugar and cinnamon with an electric mixer. Add the eggs and beat until fluffy. Mix in the chocolate milk, coffee, currants and raisins. Fold the chocolate chips, pecans and bread cubes into the mixture. Pour into a lightly greased slow cooker. Cover and cook on Low for 5 to 6 hours (or on High for 2 1/2 to 3 hours).

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